



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 6

Winner 1991-92 Army Communities of Excellence Award

June 1992

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National Guard aids Corps wildlife habitat expansion



National Guard troops prepare to detonate explosives.

The Army National Guard was training for war. The explosives its members were using were real, but rather than destroying, they were creating. They were building a home for wildlife at Carlyle Lake.

B Company of the 682nd Engineer Battalion out of Lawrenceville, Illinois, set off explosives in a 120-acre section of land at the lake as practice for blowing up roads. The District then used the pits and mounds to create duck ponds and dikes.

"It provided training for us and work for them," said Company spokesman, Lt. Christopher Hall of Carbondale, Illinois.

The exercise, managed by the Corps, is part of work on the Saddle Dam III Prairie Restoration project according to Dick Conner, assistant park manager at Carlyle Lake. The project consists of creating a series of ponds in depressed areas within the Saddle Dam III borrow area (an area where earth was taken to build the saddle dam). These ponds will be interspersed with grasses such as big and little bluestem, switch grass and prairie forbs. The project is scheduled to be complete before the end of summer 1992. (Continued on page 13)



View from the top -



COL James D. Craig

Members of the Personnel Office... are going the extra mile to keep all of you informed.

I hope all of you are having a great summer! As you make your plans for summer outings, vacations, etc., PLEASE keep safety in mind. So many accidents that occur are easily avoidable with a little forethought. Not only vehicle accidents, but swimming, boating, lawn mower, and all those other summer kinds of things.

As we proceed through the restructuring of the District, there is one group I have not recognized for their efforts. Quietly, efficiently, with no complaints, they are helping us do it smartly, with the minimum impact on all members of the District. They are the members of the personnel office. They are going the extra mile to keep all of you informed on what is going on, as well as providing information, assistance, and support to all who will change jobs within or outside the District. THANKS from all of us. We do appreciate your efforts.

The Army Community of Excellence ceremony with General Sullivan went well. I am happy to report back that Barb Collier represented you well. We are now the proud owners of a flag, a trophy cup, and a rather large check for \$75,000! (the real check will arrive in October - you know how we fund by fiscal year).

On a different note, I am re-instituting a program previously known as the "Caravan". For those of you who are not familiar with it, I will be taking several senior members of the staff out to the lakes and locks and dams to see what is going on and what the staff can do to help you, in the field, do your jobs better. You are what the public sees of the Corps of Engineers, and we want you to look good and serve the public in a proud and professional manner. By the way, I think you are doing a great job!



**US Army Corps
of Engineers**
St. Louis District

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District Commander.....James D. Craig

Chief, Public Affairs.....Chuck Franco

Editor, Design, Layout.....Ken Kruchowski

Assistant Editor.....Mary Lou Lawson
Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.



District has 3 FEB award winners

St. Louis District employees have won in three categories of the Federal Executive Board's Employee of the Year Awards. Rob Davinroy, ED-H, won in the Outstanding Professional/Scientific Employee category. Darnell "Rocky" Fountain, CASU, won in the Outstanding Trades and Crafts Employee category. Angela Hasenfuss, OD-RC, won in the Community Service category.

Rob Davinroy was sited for his work on development of the bendway weirs concept in river engineering. This innovative, non-traditional approach to solving a huge navigation problem will save the nation millions of dollars and have far reaching impacts for decades to come.

Rocky Fountain, a Motor Vehicle Operator/Warehouse worker for the CASU, has been praised by all the agencies he has

served in the RAY Building. He has been given several on-the-spot awards, numerous letters of appreciation and an exceptional performance rating during the past year. He handles all requests from agencies and co-workers alike with diplomacy and expediency. He had a large part in the RAY Building CASU winning the FEB Quality and Productivity Improvement Award.

Angela Hasenfuss, in just two years at Carlyle Lake has improved the special events programs at the lake and worked diligently with the City of Carlyle and surrounding communities to coordinate support by the Carlyle Lake staff.

The St. Louis District congratulates our three winners and all those who were nominated for FEB Employee of the Year awards. You are all winners.

District reservists return from duty

U.S. Navy Petty Officers Carolyn Garrison and Leanne Crouch, both employees at Lake Shelbyville, have recently returned from their fifth and final active duty tour in the Philippines.

Garrison and Crouch arrived at the Naval Supply Depot at Subic Bay in late April, during a time of great transition. The withdrawal of the United States Navy from Subic Bay is one of huge proportions.

Their duties included the relocation of materials to Naval Supply Depot (NSD) Guam and NSD Yokosuka, Japan, as part of

the closure of the base at Subic Bay. They were also involved in the destruction of expired medical gear, including the destruction of 27,625 ampules of expired morphine.

Garrison and Crouch will be assigned to Yokosuka next year.

Prior to Subic Bay, Garrison performed active duty training at the NSD Guam from February 29 through April 16. Her duties included off-loading ships and receipt and stowage of materials from Subic Bay.

Retiree wins poetry prizes

Former Public Affairs Secretary, Katy Crossley, who spends part of her retirement writing and painting, has taken second place in the humor category of the St. Louis Poetry Center's annual contest. This is the second year in a row that she has won in that category.

This is no small accomplishment considering the contest includes poets within a 100-mile radius of St. Louis.

Congratulations, Katy. Next year let's make it First Place.

Rangers rescue men

Two rangers at Carlyle Lake, Joe Smothers and Ron Sample, rescued three men from their overturned boat on May 5th. The rangers were commended for their efforts during rough weather conditions.

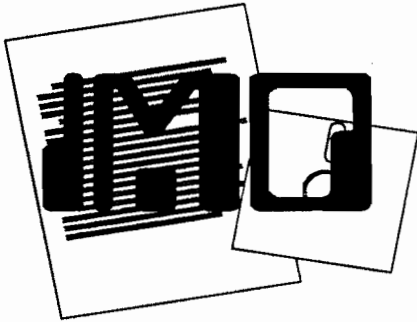
Another man, who tried to swim ashore, was not found and did not survive the cold waters of the lake. His body was found the next day. The survivors, who stayed with the boat, were taken to local hospitals, treated for hypothermia and released.

Thanks from Lawson

I'd like to extend my appreciation for all the telephone calls, cards and inquiries from my friends in the District while I was recuperating from my foot surgery.

It made me feel good to know so many people cared.

Mary Lou Lawson



New faces in the crowd

Steve Wilson, a Mass Communications intern from Southern Illinois University at Edwardsville, has been working for the Information Management Office since March. Steve's specialty is video production and he has currently been working on a few video projects for IM. One such activity is the taping of Ken Porter's self-defense classes. These will be edited down to a two-hour tape and offered to the rest of the district to watch at their convenience. Steve also had the task of implementing the district-wide computer inventory. Steve will be with IM until June when he hopes to be hired into a government agency.

An "intern"al look at the District

by: Steve Wilson - IM-IC (intern)

If anyone is interested in touring the district - one workstation at a time, they only need to start a project called PC CENSUS.

As an intern for the Information Management Division, I was assigned the task of performing a comprehensive computer inventory of the entire district. This involved more than 450 workstations at the

RAY Building, and all of the locks and lake sites. At first, I was apprehensive to enter everyone's "private domain," but my partner Elbert Reilly, who knows just about everybody, was very beneficial in this task (he began working for the Corps under Robert E. Lee).

Naturally, the hardest feat about working in any federal agency is learning what the acronyms represent. SIUE does not teach Federal Jargon 101, so I muddled my way through when I needed to see the POC of ED-HG to check the LAN PC, ASAP. He told me to be PDQ and I said OK! Actually, everyone has been extremely accommodating and patient while we were counting the equipment, and running the software program, including when we had to move 40 pounds of maps to find even MORE equipment.

PC Census will make it easier for IM to respond to your requests for computer repairs or replacements since they'll know what equipment a particular workstation is using and where the extra pieces are located.

The internship experience has been exceptionally valuable to me, especially in a federal agency setting. I would highly recommend that other departments give students in their final semester a chance to work in the field at their respective disciplines. These are unpaid positions since the students receive credits for this experience. Most would jump at the chance to work for the Corps of Engineers. I thoroughly enjoyed it. Thanks for the opportunity.

IM looking at the interns

by Ginny Mueller

Since March 1991, the Information Management Office has provided the opportunity for fresh

new faces (volunteer interns) to experience first-hand the REAL WORLD of government and daily business. It's not so amazing that the four young folks who have been IM interns (Judy Palasudhi, Angie Tedder, Ginny Rainey, and currently STEVE WILSON) have entered this new adventure with working skills in hand.

With major areas of concentration in mass communications, public relations, and data processing, these interns have been productive from day one. A quick overview of the RAY Building, IM personnel, software packages, hardware, the local area network, electronic mail, and especially all the wonderful features of the telephone provided the tools to have a go at all those "to be assigned" projects.

There's no better learning experience than just doing the job! The variety of completed assignments have been invaluable to the IM office and the District. The enthusiasm, dedication, take charge attitude, and willingness to go above and beyond what is required is refreshing and even contagious! Good PR doesn't hurt either! The return on our investment over 40 weeks has resulted in completed projects, cost savings to the District in thousands of dollars, creative ideas, and a new perspective on how we do business. The IMO folks have learned as much from them, as I'm sure they've learned from us. OUR THANKS TO THE INTERNS (especially Steve Wilson) FOR A FABULOUS JOB!



EEO Corner District part of Career Fair

The St. Louis District sent seven employees to the St. Louis School District Career Awareness Fair at the Cervantes Center on May 5th and 6th. The employees were Dario Franzi and Rochelle Ross from ED-DA; Suzanne Harris from PD-A; Angela Sanders and Jennifer Watkins from RE; Christy Cone from IM-R; Dawn Kovarik from OD-RR and Lawrence Williams from OD-RM.

Everyone worked hard to set up our five booths on May 4th. A van and truck were needed to take computers, preserved birds,

video players, slide projectors, posters and various handouts to Cervantes Center.

During the two days District employees spoke with about 1000 eighth graders and teachers.

There were 65 city and county schools represented, 8,364 students overall, 275 booths and 780 businesspersons. According to the staff of the Career Education Office, "the 1992 Career Awareness Fair was a gigantic success!"

Thanks to the Corps participants who were enthusiastic to the end.

Junior Achievement

In an effort to make a "world of difference" the St. Louis District had two representatives in the Junior Achievement Program. Captain Dennis Gilmore was a consultant at Blewitt Middle School. Maggie Patterson was a consultant at Simmons Middle School.

The subject studied was economics. The students learned the supply and demand theory and many others. On the practical side, the students completed IRS

1040EZ forms, prepared budgets, opened checking accounts, wrote checks and learned to use the check registry for keeping accurate account of checks written and money on hand.

Captain Gilmore gave 25 certificates of completion to his class and Maggie Patterson gave 40 certificates to her two classes.

It was a rewarding experience for the students, the teachers and the consultants.



WEL graduates

Congratulations to Sue Janota-Summers and Karon Marzec for completing and graduating from the Women's Executive Leadership Program, Friday, May 22. A class of 290 graduated. This year there were 15 men in the developmental program.

The Women's Executive Leadership (WEL) Program is under the direction of the U.S. Office of Personnel Management. It is a year long developmental program that provides supervisory/managerial training to non-supervisory women and men or new supervisors with less than one year's experience at the GS-11 or GS-12 level.

Congratulations. Super job!!

Norma Hall

WEL Program Coordinator

Sending WordPerfect to RHM

LOOK.....REAL INSTRUCTIONS!!!!

OK, so it's been a few weeks now and those messages are zipping over ethernet through the local area network to and from district employees with information and news relevant to our daily business. To make it easier and faster, here are real instructions to send

e-mail messages and attachments.

Sending word processing documents (Word Perfect), or any software application, through electronic mail (RHM II), can be accomplished in two ways:

- A text file sent as an e-mail message
- Word processing file sent as a file attachment

NOTE

To determine which way to send a word processing file, remember that a text file must be converted from a word perfect document to a DOS text file or ASCII file and the document will be in readable format under RIGHT HAND MANII. All document enhancements holds, (Continued on page 10)



On The Soapbox

Around the District

Andy Schimpf, ED-DM, and Ken Koller, PM-M, made a presentation on Melvin Price Locks and Dam to about 75 members of the ES&D Engineers Club of Electronics and Space Corp. at Emerson Electric.

Gary Dyhouse, ED-H, spoke on the hydrologic engineering activities necessary in successful development of an Initial Project Management Plan at the biennial Corps-wide Hydrology and Hydraulics Conference in Fort Worth. Jule Bartels and Don Coleman, ED-HP, demonstrated the District's procedures in applying radar-rainfall data to improve watershed precipitation estimates for reservoir inflow predictions for the conference.

Karl Tilkins, OD-R, showed the video "At the Helm" and answered questions about the Corps and recreation opportunities in the St. Louis District for the Scottish Rite Club of St. Louis.

Rachel Garren, OD-R, gave a slide presentation on recreation opportunities in the St. Louis District for 140 members of the National Association of Retired Federal Employees (NARFE).

Riverlands Office

Riverlands Rangers Julie Ziino, Ron Fisher, Charlie Deutsch, Lawrence Williams and Kathy Weir conducted a tour of Melvin Price Locks and Dam for the ES&D Engineers Club and Space Corp. from Emerson Electric.

During the month of May the Riverlands Visitor Services staff conducted more than 35 tours and education programs for about 1,142 visitors. The Visitor Orientation Facility welcomed 926 visitors.

Clarksville Office

Sue Mueller spoke about careers in the resource management field and the responsibilities of the Riverlands Area - Clarksville Office to students in Louisiana High School's environmental science class.

Anne Vieira spoke to 15 delegates from Thailand visiting the U.S. on a Women's Leadership Program through the University of Missouri Extension Service. The group was comprised of government officials, business leaders, farmers and volunteer leaders.

Wappapello Lake

Park Ranger Andrew Jefferson, Sr., conducted radio interviews with KJEZ of Poplar Bluff and KTJJ of Farmington, Missouri. He informed the public about the high lake level, upcoming Spring Roadside Cleanup, earthquake damages and our preparation for Waterfest '92 and Armed Forces Day events.

He also did an interview with the Puxico Press newspaper about preliminary findings of any damages to the dam structure because of the earthquake.

Park Rangers Rebecca Hays and Andrew Jefferson, Sr., did a live radio interview on "The Morning Breakfast Show" on KMPL, Sikeston, Missouri. The main topics were the Spring Roadside Cleanup, Waterfest '92, Armed Forces Day, vandalism and litter control.

Park Manager Michael McClendon did a radio interview with KKLR in Poplar Bluff about the 4th Annual Silver Bullet Drag Boat Race held in May at the Redman Creek Beach area. More than 24,000 spectators attended the

two-day event to watch 96 race drivers do their thing.

Rend Lake

Park Ranger Dawn Kovarik, along with Riverlands Ranger Lawrence Williams, represented the Corps at the St. Louis Public Schools Career Fair at the Cervantes Convention Center. More than 6,000 people attended the event.

Park Ranger Jackie Brachear spoke to members of the Mount Vernon Rotary Club about the many recreation opportunities available at the lake, as well as the impact of tourism brought into the region by the lake.

Park Ranger Jerry Saurwein fielded questions from 200 children about the snakes at Rend Lake during the Earth Day celebration.

Lake Shelbyville

Park Ranger Pam Doty instructed a class on wildlife management techniques for 171 students from Lovington, Bethany and Sullivan Schools during a Conservation Field Day at the Okaw Bluff area.

Park Ranger Maria Shafer continues to broadcast upcoming events at the lake on WSHY radio. She has presented two programs on "Talk of the Town" in May.

The Interpretive staff presented four environmental programs to area students in May.

Carlyle Lake

Park Rangers Kim Mayhew and Angela Hasenfuss assisted the Clinton County Cooperative Extension Service with their
(Continued on page 8)



News Briefs

Scholar

Brenda Bienkowski, daughter of Al Bienkowski, ED-DG, has been nominated to become a Congressional Scholar representing Missouri in the National Young Leaders Conference in July in Washington, D.C. The purpose of the conference is to identify and honor a select group of exceptional high school students and allow them the opportunity to meet the leaders who affect the workings of the executive, legislative and judicial branches of the federal government.

Armed Forces Day

Booming Civil War cannons, whirring helicopters and zooming military jets added to the excitement of the Sixth Annual Mark Twain Lake Armed Forces Day Celebration on May 16th. More than 2,000 visitors enjoyed exhibits by all branches of the military.

Antique Show

The 2nd Annual Antique Peddlers Show and Sale was held at the Mark Twain Lake Visitor Center the first weekend in May. About 500 people attended.

Volunteers

The Mark Twain Lake Management Office welcomed the assistance of two new volunteers who have agreed to work 32 hours a week throughout the 1992 summer season. Mr. and Mrs. Hinton of Madison, Missouri, will be assisting at the Visitor Center and in Corps recreation areas.

Beach buoy system

A new beach buoy system has been installed at Wilborn Creek

Recreation Area at Lake Shelbyville. This system consists of highly visible poly gas line pipe connected by swivels, for better flexibility and the elimination of stress on each pipe section. This new type of connection allows for easier installation and storage.

Earth Day

During Earth Day at Lake Shelbyville 188 volunteers and rangers picked up litter in 12 areas and planted 200 trees and 800 prairie plants.

Crouch takes 2nd

Leanne Crouch, park ranger at Lake Shelbyville, recently won 2nd place in her age group in the Cinco De Mayo 5K run at Subic Naval Base in the Philippines.

Fishing tournaments

During April and May 25 fishing tournaments were held at Lake Shelbyville. A total of 1,292 boats participated.

Aerial surveys

An Illinois National Guard unit out of Decatur, Illinois, has been providing a helicopter for aerial surveys of Lake Shelbyville. Rangers have taken advantage of this to check easement ground and for landings in remote areas for archaeological site monitoring. In exchange, the National Guard uses areas around the lake for training in close approach helicopter landings.

Lingle back

Paul Lingle, supervisory civil engineer technician at Rend Lake, is back on the job seven weeks after open heart surgery!

Rend Earth Day

Almost 1000 people attended Earth Day festivities at Rend Lake. A major attraction was the World Bird Sanctuary with their live raptor presentation. Schoolchildren made bird nesting boxes, planted 300 trees, re-used two liter soda containers by making them into bird feeders, toured the "Biodiversity in Illinois" display and participated in a "no trash lunch bash."

Rend AFD

More than 3,000 people enjoyed the SIU sky diving team, Scott Air Force Base Canine demonstration and land and water rescue reenactments by the Rend Lake Search and Rescue Association at Armed Forces Day at Rend Lake.

Biodiversity exhibit

Rend Lake hosted the elaborate traveling exhibit, "Biodiversity in Illinois," in late April and early May. More than 2,000 people viewed the display, including 30 school groups. The exhibit explores the rich natural heritage of Illinois and the factors influencing biodiversity.

Smothers honored

Carlyle Park Ranger Joe Smothers was recently honored by the Illinois Department of Conservation for his 10 years of service as an IDOC certified boating and hunting safety instructor.

Carlyle resort

Illinois Governor Jim Edgar announced, on April 24th, that the state would provide up to \$2 million for the Carlyle Lake Resort (Continued on page 11)



\$ – Promotions & Incentive Awards – \$

PROMOTIONS:

Irene Flippen, CD
Lori Weber, LM
Thomas Miller, OD
Owen Dutt, PD

EXCEPTIONAL PERFORMANCE RATINGS:

Joseph Kellett, CASU
Kelly Flinn, CASU
Darnell Fountain, CASU
Ronald Rauh, CD
Janet Wilhite, CT
Joy Bode, CT
Thomas Ruf, ED
Sandor Dombi, ED
Stephen Redington, ED
Richard Mills, ED
Stephen Farkas, ED
Gary Lee, ED
Paul Olson, ED
Donald Coleman, ED
Walter Wagner, ED
Ronald Bockhorst, IM
Virginia Mueller, IM
Mark Wunsch, OC
Henry Schumann, OD
Steveson Ellis, OD
Mary Whitley, OD
Artemio Basuel, OD
Margaret Robbins, OD
Mary Heitmeyer, OD
Steve Deterding, OD
Dennis Williams, OD
Louis Hurd, OD
Nicholas Mudd, OD
Christopher Morgan, OD

Cindy Zimmerman, OD
Dennis Fenske, OD
Benedict Venturella, OD
Michael Edwards, OD
John Mabrey, OD
Kathy Engelmann, PD
Norris Davis, PM
Jo Ann Gray, PM
Jane Collins, PM
Danny McMurphy, PM
Mary Williams, PO
Barbara Boswell, PO
William Nettles, RE
Harry Hamell, RE
Angela Sanders, RE
Deann Chambers, RM

PERFORMANCE AWARDS:

Darnell Fountain, CASU
Henry Harris, CASU
Alvin Sumler, CASU
Oneta Welch, CASU
Gerald Rue, CD
Vito Polizzi, CD
Donald Fendler, CD
Dolores Ebert, DD
Elinor Reinerman, DP
Richard Mills, ED
Stephen Redington, ED
Russell Elliott, IM
Deborah Kuhlmann, IM
Robert Deien, OD
John Mabrey, OD
Cindy Zimmerman, OD
Christopher Morgan, OD
Carolyn Reinkemeyer, PM
Patrick Dibello, PO
Diane Jones, RE
Deann Chambers, RM

Helen Schleipman, RM
Jo Ann Will, RM

QUALITY STEP INCREASES:

Mary Williams, PO

SPECIAL ACT AWARDS:

Gerald Allen, CD
Irene Flippen, CD
Michael Thompson, CD
Jean Lindhorst, DE
James Mills, ED
Joan Stemler, ED
Jerry Hawkins, ED
Leland Lenzner, ED
Richard Sovar, ED
Patrick Conroy, ED
Linda Wichlan, ED
Robert Kelsey, ED
Thomas Ruf, ED
Gary Jones, ED
Michael Thompson, ED
Edward Demsky, ED
Sandor Dombi, ED
Charles Rhoads, ED
John Helfrich, ED
Andrew Schimpf, ED
Dennis Stephens, ED
Walter Wagner, ED
Vivian Arthur, IM
Nancy Gerth, IM
Sharon Leeker, IM
Martha Anne Vieira, OD
Rachel Garren, OD
Mary Lou Lawson, PA
Anson Eickhorst, PD
Betty Slabaugh, RD
Mary Winston, RE

Soapbox Continued

Natural Resource Tour program at the McNair group camp area. About 220 students from Clinton County schools attended.

In the month of April, Interpretive Rangers talked to more than

600 school aged children about topics concerning environmental initiatives at the lake.

Mark Twain Lake

In the latter part of April and throughout May, park rangers gave

42 school group programs to more than 2,500 students. These programs included nature hikes, tours of restored wetlands and presentations at the Visitor Center and Clarence Cannon Powerhouse.



Recycling Corner

Natural Lawn Care

What's photosynthesizing, respiring, sucking in carbon dioxide and spewing out oxygen? Your lawn, that's what! Your lawn does the same fantastic job of converting carbon dioxide to oxygen as the trees do. And, believe it or not, it's four times more efficient.

The good news is that you can grow a healthy, good-looking lawn without benefit of dangerous chemicals. You can start by not treating your lawn any differently than the rest of your yard. If you have weeds, pull them out. If disease strikes, find out why and eliminate the cause. If insects move in, accept some damage and

use safe biological controls when necessary. Fertilize lightly. Mow high and frequently and leave clippings on the lawn.

Mass dosages of fertilizer does more harm than good and are a waste of money. Sure, your grass may grow, but so do weeds and you have to mow more often and your grass isn't as healthy. Grass is a very efficient user of nitrogen. Babying and fertilizing it reduces its natural efficiency. The more chemicals you use on your lawn, the more you're disturbing the natural biological processes that convert organic matter into nutrients to keep the lawn growing. Some of the best lawns are never fertilized and have an easy time

converting clippings to nutrients. Using too many chemical fertilizers results in increasing the growth rate of the plant and growing it to death.

Organic fertilizer does not necessarily mean barnyard manure. There are plenty of other natural sources of nitrogen. You can find bags of dehydrated, deodorized and easy-to-handle cow manure at just about any garden center. Dried poultry manure is good. Other options include bloodmeal, cottonseed meal, fish emulsion and mixed organic fertilizers.

For the northern lawn, a single fall fertilizing works best.

New electronic bulletin board



**From your
Crime
Prevention
Council**

The Provost Marshal's Office at Headquarters USACE has passed along some information through the Security and Law Enforcement channel which may be of interest to those intending to travel outside

ries, criminal incidents (by geographical region), U.S. Passports and citizens consular service assistance.

CAESAR was expected to be fully operational by the end of May. We are fortunate enough to have the modem dial-up number and we strongly recommend that you preview it and determine its worthiness. The modem number is 202-647-9225. Once your modem connects, log onto the system and begin browsing.

The Department of State would like to know what you think of CAESAR. Those in the District using CAESAR are asked to respond through the District Security Office if you care to comment. One person in the District has used it and was favorably impressed.

the U.S.

The Department of State has developed an electronic bulletin board called the Consular Affairs Electronic Service and Response - CAESAR. CAESAR will provide worldwide travel information for U.S. citizens. Specifically, this modem driven program contains information about travel adviso-

World population ages

The world's older population has grown to about 495 million people over age 60. A U.S. Census Bureau report shows nine countries with more than one-fifth of the population over 60 years of age.

Sweden leads the list with 22.8 percent in the 60-plus group. Norway, Belgium, Italy, Britain, Germany, Austria, Greece and Denmark also top 20 percent. Nine other European countries have over-60 populations in the 17.6 to 19.7 range. Japan ranks 19th with 17.2 percent, and the U.S. ranks 20th with 16.9 percent.

Quotes

Change is the law of life. Those who look only to the past or the present are certain to miss the future.

John F. Kennedy



Coming Events at the lakes

MARK TWAIN LAKE

June 27	Sandcastle Building Contest, Spalding Beach
July 2, 3 & 4	Fireworks and Rodeo, South Spillway
July 19	Gospel Music Concert, Visitor Center
July 25-26	Indian Artifacts Exhibit, Visitor Center
Aug. 1	Mark Twain Photo Contest, Visitor Center
Aug. 8-9	Indian Pow Wow, Visitor Center
Aug. 15-16	Salt River Folklife Festival, Florida, Mo.
Aug. 22-23	Rock and Mineral Show, Visitor Center
Sept. 6	Gospel Music Concert, Visitor Center
Sept. 26	Fall Festival, South Spillway

REND LAKE

July 11-12	Rend Lake Arts & Crafts Fair, Wayne Fitzgerald State Recreation area.
Sept. 12	Take Pride in America Lake Cleanup

Rend Lake Live: Saturday Night programs May 30 to Sept. 5, 7:30 p.m., Visitor Center
Environmental Science Series Workshops and

Outdoor Skills Clinics, Saturdays 10 a.m. to 4 p.m., Visitor Center

WAPPAPELLO LAKE

Sept. 4	Dedication Historic Walk "Memory Lane"
Sept. 19	2nd Annual Handicapped Fishing Day

CARLYLE LAKE

June 21	Great Kaskaskia Duck Race
June 26	25th Anniversary Celebration of the lake
July 4	Water Sports Festival/Fireworks Spectacular
Sept. 26	National Hunting & Fishing Day

LAKE SHELBYVILLE

June 20	2nd Annual Lake Shelbyville Craft Show
July 18-19	Lithia Springs Chautauqua Living History Tours
July 24-26	Water Follies
Aug. 15	6th Annual Okaw Indian Festival
Sept. 1	Dove Hunt
Oct. 1	16th Annual Eco-Meet
Oct. 24 (tent.)	Lake Shelbyville Photography Contest
Nov. 20-22	Physically Challenged Deer Hunt

WordPerfect/RHM continued

underlines, etc. will not appear when reading an e-mail message.

If, however, document enhancements are important, then the document should be sent as a file attachment.

INSTRUCTIONS TO SEND A TEXT FILE AS AN E-MAIL MESSAGE

1. LOAD Right Hand Man II (FROM LOGIN MENU).
2. Compose Document in Word Perfect.

When document is completed,

PRESS CTRL-F5 (Text In/Out) Command

PRESS 1 - DOS TEXT
PRESS 1 - SAVE
NAME DOCUMENT with .ASC extension
(DOCUMENT CONVERTED TO ASCII TEXT)

3. Activate RHM II.
Choose ELECTRONIC MAIL.
Choose "C" for COMPOSE or Press "ALT" Key -
Choose "COMPOSE"

Complete TO:

CC:

BCC:

SUBJECT:

Use TAB KEY to MOVE from one field to another.

4. PLACE CURSOR IN MESSAGE AREA:

PRESS "CTRL-F"

A message box will appear "INSERT TEXT FILE"

TYPE...filename (ONLY IF IN YOUR USER DIRECTORY) where document is located; or type entire
(Continued on next page)



string (F:\directory name \ filename)

PRESS ENTER and text will be inserted.

PRESS "ALT-S" to send message.
INSTRUCTIONS TO SEND A
WORD PROCESSING FILE AS A
FILE ATTACHMENT

ANY FILE CAN BE ATTACHED
TO AN ELECTRONIC MAIL
MESSAGE.

1. In ELECTRONIC MAIL IN
THE COMPOSE MODE...

Complete ATTACHMENT.
(F:\users\user name\filename)

This is where the file actually
resides; your user directory on the
LAN (local area network).

2. COMPOSE MESSAGE.

Use this to tell the receiver what
type of attachment they will be
receiving (a Word Perfect file,
DBase file, ASCII file, etc.).

3. Press ALT-S to send.

USER RECEIVING MESSAGE
WILL SEE A "+" BEFORE "FROM
NAME".

INSTRUCTIONS TO RECEIVE A
FILE ATTACHMENT

1. CHOOSE "FILE";
"ATTACHMENT";
"EXTRACT"

IMPORTANT: YOU MUST
SPECIFY DRIVE AND DIREC-
TORY WHERE FILE

ATTACHMENT IS TO BE
PLACED. THIS CAN BE YOUR
NETWORK USER'S

DIRECTORY, LOCAL HARD
DRIVE, OR A FLOPPY DRIVE.

2. AFTER TYPING YOUR FILE
EXTRACTION DIRECTORY,
PRESS ENTER.

Message will appear "EXTRACT
SUCCESSFUL".

3. You can then escape RHM II
and edit file in Word Perfect, or
appropriate software package.

News Briefs cont.

and Golf Course. Major Brontoli
represented the District at the
ceremony.

Hasenfuss award

Carlyle Park Ranger Angela
Hasenfuss received the Commu-
nity Service Award for 1992 from
the Federal Employer Awards
program. Angela has succeeded in
improving Special Events pro-
grams at Carlyle Lake and has
worked diligently with the City of
Carlyle and surrounding communi-
ties.

Name that eagle

Carlyle Lake staff are asking for
suggestions on names for the two
adult eagles and the eaglets located
near the Tamalco boat ramp. Any
suggestions should be turned in to
the lake management office.
Names will be selected on June
15th.

Carlyle's 25th

Carlyle Lake will be celebrating
its 25th anniversary on June 26th.
Please send any information about
retired employees, interesting
history, memorabilia or ideas for
events to Kim Mayhew via E-mail.

Environmental camp

Carlyle Lake held an Environ-
mental Camp May 15-16 for 200
sixth graders. The campers spent
the day learning about environ-
mental topics from the Carlyle
Lake staff, the Illinois Department
of Conservation and the World
Bird Sanctuary.

Visitor facility

The Riverlands Visitor Orienta-
tion Facility will be open daily from
9 a.m. to 4:30 p.m. until Labor Day.
Unfortunately, tours of the Melvin

Price Locks and Dam will be
postponed until after July 4th
because of maintenance. During
this time, rangers will be conduct-
ing programs in the Orientation
Facility.

Workshop

The 2nd Annual Riverlands
Regional Environmental Education
Workshop, held May 23, focused
on "Wetland Watch," a math and
science hands-on (M.A.S.H.) kit.
The program for teachers was
conducted by the Riverlands
Association in cooperation with the
Riverlands Area Office and the
Science Literacy Project in the
Environmental Demonstration
Area.

Alton Lake cleanup

The Memorial Day Weekend
kicked off the 2nd Annual Alton
Lake Cleanup Campaign spon-
sored by Pride, Inc., Laidlaw Waste
Systems and the Coors Brewing
Company in cooperation with the
Corps' Riverlands Area Office and
the Illinois Department of Conser-
vation.

Adopt-A-Shoreline

Several groups participated in
the Riverlands Adopt-A-Shoreline
program in May. The Gilbert Lake
Shoreline, an area of shoreline on
the Riverlands Project, the Maple
Island Access area and two islands
along shoreline on the Mississippi
River have been adopted and
cleaned by local groups.

Visitor Center

The Clarksville Visitor Center
reopened May 15th under the new
management of the Riverlands
Association. The center is staffed
by Riverlands Association employ-
ees and volunteers and features an
expanded river book shop. Hours
are daily 10 to 5.



Do you want to be a mentor?

By Carol Pitzer, Chief, Information Management Office

To be a mentor you must devote time and energy out of your daily schedule. It means responsibility, and many people do not want to take on any more "baggage" than they already have. But the rewards you receive can far outweigh the time you must spend to assist improving the opportunities for someone who needs your help. There are numerous reasons to mentor someone.

IT'S GOOD FOR YOU AND THE ORGANIZATION. Mentoring is how the next generation of leaders in an organization is developed. Teaching, instilling confidence, and encouragement will pay the corporation and the future employees.

DON'T WAIT TO BE ASKED. This is a decision you must make on your own. You demonstrate your enthusiasm by actively seeking that employee who can contribute to the corporation. Mentors should try to get their

mentorees on important commitments, try to open doors for them, share information and introduce them to the how's and why's of the organization.

IT ERASES THE IMAGE OF A "QUEEN BEE." Not everyone likes a woman at the top, and there can be strong feelings of jealousy and resentment. Women may not be actively sought out as a mentor. Women must express their desire and concern to help other women. Many women who have made it to the higher level of executive management have said, "I got here myself and everyone else can do it the way I did. They can get there on their own." Since success for many women was such a struggle, they say they don't want to show preference by helping other women. This is ridiculous. Look around and compare the number of women in executive positions versus the men. Trust me. You will not be considered showing a preference. If you are accused of showing more consideration toward women, tell them you like an uphill battle and challenges.

YOUNGER TALENT REFLECTS WISE TUTELAGE ON YOU. Mentoring is a dual relationship. By assisting a talented employee, you show your desire to support the continuation of the corporation, the willingness to contribute your time, and a reflection of wise leadership. Your mentoree can also challenge your decisions, thoughts, and open up new options for you to think about. As I said before, you will receive rewards you did not dream of by mentoring a future leader.

Mentors serve a function without compensation, at least without tangible compensation. The reward is essentially psychological: namely, the satisfaction of having recognized high potential while it was still in a developmental state, and the still greater satisfaction of seeing one's protégé achieve through fulfillment of that potential.

This article was compiled from books and other articles!

Why commemorate World War II?

By Jim Garamone
American Forces Information Service

"There is a mysterious cycle in human events. To some generations, much is given. Of other generations, much is expected. This generation has a rendezvous with destiny."

When President Franklin D. Roosevelt said this in 1936, he had no idea just how much would be expected of the young generation of the time. He was speaking

of lifting the United States out of the Great Depression. But the generation that came of age in the 1930s would be expected to bear the burden of the greatest war the world has ever seen.

Fifty years later, the citizens of the United States remember the sacrifices of that generation of Americans. "It was truly a war supported by all, and we can never say thank you to that generation enough," said Claude M. Kicklighter, executive director of the 50th anniversary of World War

II Commemoration Committee.

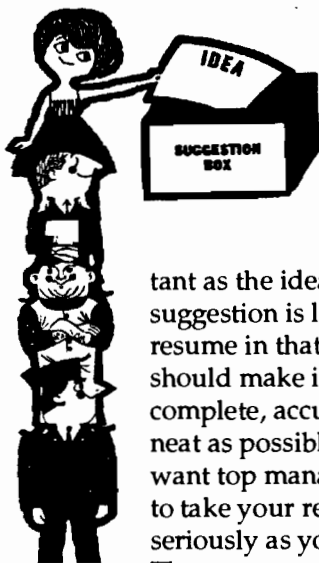
"When the country is finished with this commemoration, I hope the veterans of World War II understand Americans are proud of them and are thankful for their efforts."

Kicklighter, a retired Army lieutenant general, said the lessons of World War II are important and relevant today because the United States is in a similar situation.

"At the end of World War II, the world was in shambles," he said. "The United States had fielded the greatest military ma-



Tips on how to write a winning suggestion



How you present a suggestion is just as important as the idea itself.

A suggestion is like a resume in that you should make it as complete, accurate and neat as possible. You want top management to take your resume as seriously as you do.

The same goes for your suggestion.

You undoubtedly have faith in your idea, and your purpose in submitting it is to sell it. By submitting a complete suggestion, you cover all bases: the areas where improvement opportunity exists, the proposed solution and the tangible benefits it will produce.

You, the suggestor, must express the area you wish to enhance clearly. You should not oversimplify the problem. "There is too much paperwork," is not enough

explanation for the evaluator to determine the scope of the problem. Give a detailed description of the job or process, then describe what aspects can be replaced, eliminated or combined. By defining the complete area of improvement, you clearly show the need for a solution.

The solution as well should be fully explained. Don't just say, "Cut down on paperwork." Make a clear proposal of what steps should be taken and how it should be done. The best way to ensure clarity and quality is to address the five "Ws": who, what, when, where and why. Be sure the solution is as clear to the evaluator as it is to you.

The most difficult part of the suggestion is describing the benefits. These include the dollar savings and increased revenues that can be expected. Here, you can use the four "Ms": manpower, materials, methods and machinery. The greater the potential dollar value you can tag onto your idea, the more the evaluator will be aware of and consider. And, the greater the tangible benefit and award to you may be.

Another thing you should

emphasize in determining the benefits are implementation costs. Sometimes suggestors are not fully familiar with the budget. Your main emphasis, again, should be on asking questions: seek budget information from a supervisor to figure out manpower or machinery costs; seek expert advice on implementation costs; ask around and consider joining ranks with a co-suggestor.

A good idea is worth defending. The benefits section is your opportunity to establish the overall advantages of an idea. If there is absolutely no way to figure out exact dollar values, give it your best "guesstimate".

It is usually up to the evaluator to decide on the final award amount. If an estimate overreaches or falls short of the actual, it will not affect the final award. Guesstimates, however, do identify tangible benefits and these provide the evaluator with a running start.

Source -- Memphis District news bulletin and National Association of Suggestion Systems, Horizon Publication

National Guard continued from page 1

W. W II continued

chine the world had ever known. Yet five years later, we couldn't field a ready force when South Korea was invaded.

"The situation today is similar to the end of World War II," he continued. "We have won the Cold War. Our military is pre-eminent in the world. One lesson of World War II was the dangers of being unprepared. We face many of the same decisions today. I hope we take the lessons of World War II to heart and not repeat the mistakes."

The Carlyle Wal-Mart store donated about \$500 in prairie grasses for the restoration project.

By providing the reservists a training ground, the Corps is only spending about \$4,000 instead of the \$25,000 it would have cost for contract labor to do the work. "It means a tremendous savings to the taxpayer," Conner said.

After using 5,600 pounds of explosives to make eight ponds a quarter-acre wide or less, the reservists used bulldozers and other heavy equipment to smooth the pond beds and build dikes.

The five-year, \$50,000 restora-

tion project will produce habitat for waterfowl, game, amphibians and reptiles. The District also plans to restore forest. The area has been attracting increasing numbers of nesting ducks and shorebirds. The Corps wants to convert the seasonal marshes to deep ponds that don't evaporate in summer.

This project is one of many Corps of Engineers wetland and wildlife habitat restoration projects underway within the St. Louis District. It is yet another demonstration of the mutual benefits inherent in Corps partnerships with those it serves.



To your health

"Sitting Pretty" with VDTs

By Ashok Patel, M.D.,
BarnesCare Surgeon

If you're one of the more than 26 million people today who use a video display terminal at work, you may have heard the concerns about VDT-related maladies, or even experienced them firsthand. Here, I've offered answers to some common questions about VDT use that my patients often ask.

"I've heard that daily use of a video display terminal can cause posture problems. Is this true?"

In recent years, doctors have been seeing a growing number of patients with posture problems, including neck and back pain, swelling of legs and feet, and circulatory problems. Usually, these problems can be traced directly to a sedentary lifestyle and sitting in one position for long periods of time. In many cases, these problem-causing factors are part of the typical office environment, particularly among employees who are deskbound and using a VDT. The good news is that while posture problems caused by VDT use can be uncomfortable, they are seldom serious.

"How can simply sitting at a desk cause these types of problems?"

Poor posture is typically defined as any position which puts undue strain on a part of the body. This can include slouching and hunching the shoulders forward (which can stress the neck, back and shoulders); sitting too far back in a chair (which decreases circulation in the legs); and propping yourself on your elbows (to compensate for a chair that's too low). Some, and maybe all of these

positions, may sound familiar to you if you're a VDT user. If so, it may be time to make a few changes to help correct your posture.

"What can I do to prevent or minimize work-related posture problems?"

First, adjust your chair and desk height so that you can sit comfortably and erect while working, with your elbows resting at your sides or just your wrists touching the desk. Next, support your lower back by placing a firm cushion behind your waist. You can improve your lower body circulation by raising your feet with a box or shelf beneath your desk. Also, look up frequently from your screen to ease eye, neck and back strain. Standing up often to stretch can also help avert and relieve tightness and strain.

"So, if I follow these guidelines, I won't have any problems?"

In general, VDT-related posture problems don't go away by themselves. But by making simple adjustments, as described, you can head off most problems and make your working life a little healthier. Of course, if you continue to suffer from persistent back and neck pain, or swelling in your legs, be sure to check with your doctor, since it may signal a more serious problem.

"What about VDTs ruining my eyes, causing miscarriage or carpal tunnel syndrome?"

Contrary to what you may have heard, VDT use will not damage your eyes or cause miscarriage. It can occasionally cause carpal tunnel syndrome, but only after 27 to 30 months of continuous 8-hour-a-day keyboard use. Even then, only seven percent of VDT users who fit that description will develop the problem.

Vitamin A helps lung health

Carrots and sweet potatoes do something wonderful for the lungs. They provide them with vitamin A, and much of the vitamin is in the form of beta-carotene which gives the best protection of all.

A 19-year study at Western Electric Company in Chicago showed that 42 percent of those who developed lung cancer had a diet that included almost no beta-carotene. Many other studies show that people with diets rich in vitamin A have a lower risk of developing lung cancer.

Though cigarette smoking is a significant cause of lung cancer, a diet high in beta-carotene even reduced cancer risk in people who smoked.

Other natural sources of beta-carotene are winter squash, spinach, broccoli, cantaloupe, kale and apricots.

High lead levels found in infants

Pediatricians at Children's Hospital in Boston were surprised to find many infants in their screening program had high levels of lead in their blood.

The lead was traced to household drinking water that was mixed with powdered infant formula.

Parents used the first water from the tap in the morning to mix with the formula. The first water had stood in pipes for some time and contained high lead levels. Doctors suggest allowing water to run for two minutes before use in formula, and not boiling bottles in lead-containing pots.



Retiree Review

By the retiree correspondent

We had a total of 35 attendees at the retirees lunch and meeting held at the Salad Bowl on May 21. This was a gain of three over the April meeting. We all hope to continue to have an increase each month. We had the usual regular regulars, the returned "snow birds" and a few we have missed for the last few meetings - Charlie Denzel, Jim Butery, Howard Beinke, Clifford Forderhase, John and Mary Jane Jansen, Margaret McFarland and Arnold Gihring. Bob and Barb Lutz still have their PERFECT attendance record and Paul A. Trauth, Sr., goes down in the record book as a "FIRST TIMER." We were all glad to see Paul. Cliff Forderhase had the honor of being the longest retired present. All of those present expressed wonderment and appreciation at having again received the ESPRIT prior to our meeting. Thanks again to the DE, and PA deserves all our atta-boys this time.

Elmer H. reported that he had received a letter from Dan Courtney who is a resident of the no snow state of Florida. Dan wanted to say Hi to all his fellow retirees. For those who do not know Dan, Elmer said he was an Electronic Specialist back when the District was just getting radios for communications in the vehicles. Elmer said Dan and Bill Adams had the first two installed in their cars and they filled the air waves with "Terrible Trivia."

Kate Stiles had a letter from Howard Keeney, retired Lockmaster from Locks 27. Howard now lives in South Padre Island, Texas, and doesn't miss the ice and snow. Howard reported that he is doing fine. However his wife is in a nursing home with Alzheimers disease. Howard also reported that Archy Taylor, former Lockmaster at L&D 26, died on April 8. Howard sent a BIG HELLO to everyone.

Kate also reported that the retirees roster will be going to press again in the near future and an effort will be made to insure everyone gets a copy. She requested that: 1. Anyone not listed contact her with name, address and phone number, so they can be listed. 2. Anyone presently listed who does not have phone numbers shown please give her the phone number. 3. Any errors in spelling, address or phone numbers be reported.

George Clapp reported that, after her long siege of illness, his wife Betty had passed away on Tuesday, May 19. We all give our heart felt sympathy.

Mike Dace was present as Col. Craig's representative. We again had a superb presentation of District happenings. The District has received additional

Military work and superfund work, so the personnel situation appears to be stable for the balance of this FY. Next year it appears there will be about a 20-person reduction in force. However, if all goes well, no one will be forced out. The reorganization of the Corps is ongoing and a plan will be approved by the end of the FY. Which plan it will be, no one knows, but it appears that the major part will be a reorganization of Divisions. Mike also mentioned that the present Chief of Engineers will be retiring in the near future. In regard to a tour of the District office Mike said this had been discussed and the District could possibly furnish bus transportation to the office following one of our regular meetings and return to the Salad Bowl after the tour. This will be discussed at the next meeting. A decision will be made concerning such a visit.

Mike said Jack Niemi sent word that the next St. Louis Civilian Employees Award Ceremony will be on June 30 at the Hyatt Regency Hotel in Union Station. The District Engineer extends a special invitation to all retirees. Put it on your calendar now. Let's show the District that we retirees are interested and do participate in District affairs.

John Jansen was the "joke" teller for this meeting. You have to be there to hear them.

Charlie Denzel reported that he became a grandfather with the arrival of a granddaughter on Mother's Day.

There were still complaints concerning the length of the Retiree Review, so will continue to make it shorter and will try to "stick to the facts."

P.S. Late breaking news. Ray Rinkle was admitted to the hospital on May 28 for surgery. I have no further information at this time.

Retirees...

Ona Lewis retired from the Rend Lake staff May 29th with more than 19 years of federal service, three years of which were with the St. Louis District.

Robert Painter retired June 3rd from Lock and Dam 25 with more than 30 years of federal service. He had more than 25 years with the St. Louis District.

Condolences

Many in the District were saddened to learn of the passing of Mrs. Betty Clapp, wife of George Clapp, who retired from the Navigation Branch a few years ago. Betty died on May 19th.

Archie Taylor, Lockmaster at Locks and Dam 26 from 1951 until his retirement in April 1967 passed away April 8.

Gallery of Distinguished Civilian Employees

The District selection committee for the Gallery of Distinguished Civilian Employees selected Mr. Homer L. Duff, former Comptroller, Mr. Elmer Huizenga, former Chief of Real Estate and Mr. John T. Gurley, former Chief of Operations as recipients of this most prestigious award. These employees or members of their families will be honored and will receive the award at the annual awards ceremony, June 30, 1992.

These honorees were selected because they accomplished their assigned duties in an exceptional and pre-eminent manner. They were responsible for many projects which resulted in the District being as it is today. Congratulations to these three former employees and their families.

Employees of the St. Louis District are encouraged to submit nominations at any time to be considered by the selection committee annually. Criteria for the award can be found in the District Incentive Awards regulation or by calling the Personnel Office at 331- 8539.



Please recycle this issue of ESPRIT